



Innovations in Counseling: Working with Minority Populations - Part 5

Session 2: What Counselors Need to Know When Working With Transgender Men

Webinar Follow-up Question and Answer Session with Dr. William B. Baker

Question from Peter Chirinos

Can you talk about the statistics of trans people who regret undergoing surgery or transitioning in any way?

Answer from Presenter

I have seen some studies showing the percentages of people who regret their surgery ranging from 2.2% to 6%. This is quite low. It appears that if WPATH SOC are followed, an overwhelming percentage will be quite happy with the results (Stroumsa, 2014).

Question from Claudia Reiche

Do transgender men seek out transgender counselors?

Answer from Presenter

This is a good question, but I am not certain of the answer. I believe many trans men feel comfortable with someone who is knowledgeable about trans issues.

Question from Laura Calkins-Torres

Do you have any research on domestic violence in relationships during transition?

Answer from Presenter

I have not researched this specifically, but I do know that trans women are more likely to suffer physical abuse than trans men.

Question from Allen Vosburg

How does a transgender person move on from counseling if it is a life time issue?

Answer from Presenter

I tried to answer this during the seminar. Of course, this is an individual decision. Some trans persons do see an end to transitioning while others see it as a life-long process. The former may elect to end counseling while the trans person who finds transitioning a life-long process may elect to continue counseling.

Question from Angela Pencoske

What is your opinion of the abbreviations "dfab" (designated female at birth) and "dmab" (designated male at birth)?

Instead of using the spectrum of identities, have you seen the genderbread person?



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Answer from Presenter

There are many ways to establish this concept. Sometimes people say "natal sex" and others say "anatomical sex." DFAB and DMAB are fine with me as well. I have seen the genderbread person. I think it's interesting, but I like the spectrum I used as it also has romantic orientation.

Question from Megan O'Neill

Do you think gender identity disorder will be removed from the DSM in the near future?

Answer from Presenter

Actually GID is not in the DSM, but GD, Gender Dysphoria is. I think you meant Gender Dysphoria, and I think it will not be removed in the near future. I think many mental health professionals want GD in there so they can treat trans persons with a diagnosis.

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